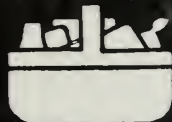


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CONSUMER TIPS > >

SAVING VITAMINS IN COOKING AND SERVING FOODS
(Information from Bureau of Home Economics, USDA)

- GPO 16-19214
1. Don't stir air into foods while cooking.
 2. Don't put them through a sieve while still hot.
 3. Don't use soda in cooking green vegetables.
 4. In boiling foods, raise temperature to boiling point as rapidly as possible.
 5. Use as little water as possible.
 6. Don't use long cooking process such as stewing when shorter methods are feasible.

(over)

7. Don't throw away water in which vegetables have been cooked. Use it in making gravies, sauces, soups.
 8. Don't fry foods valuable for their content of vitamins A, B₁ or C.
 9. Prepare chopped fruit and vegetable salads just before serving.
 10. Start cooking frozen foods while still frozen.
 11. Serve raw frozen foods immediately after thawing.
- RULE - an average person - unless his doctor advises otherwise - can get all the vitamins he needs from a balanced diet of carefully selected foods, properly prepared. Vitamin concentrates should be taken only on advice of physician.

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